



**PERFORMANCE UNDER PRESSURE: BUILDING
A REALITY-BASED TRAINING PROGRAM
INSTRUCTOR DEVELOPMENT WORKSHOP**
FRIDAY SEPT. 8TH, 2023 - 0830-1700hrs
Todd Center - Lake Michigan College

Enhancing human performance is being used in professional sports and the United States Olympic teams to get an edge on the competition. Firefighters are tactical athletes who need tools/skills to accomplish high-speed problem-solving under pressure. This open and honest lecture provides the attendees with information on how their bodies and minds react when the fear response is activated, how to mindfully react to this response, and reach optimal human performance. The instructors will provide insight into Mindfulness and "Psychological Flexibility" to guide us in becoming higher performers on the fireground. Using our Reality Based Training model with mental skills coaching techniques, attendees will walk away with a roadmap on how to train and develop skills and abilities to perform under pressure.

Rob Blasetti is the Operations & Training Chief for the Englewood, FL Fire Department. Prior, he was a Lieutenant assigned to the Field Training Section of the Fire Academy at a large metro fire department in Northern Virginia and a member of the VA-TF1/USA-1 Urban Search and Rescue Team. Before moving to Virginia, Rob worked for the City of Cape Coral Fire Department in Florida, where he held the Battalion Chief of Operations position with extra Special Operations responsibilities. Since 2006, Rob has been sharing with firefighters around the country the effects environmental and mechanical stress has on decision-making on the fire ground and how to build training programs to succeed on the fireground. Rob has taught at numerous international, national, and regional conferences, including FDIC. Blasetti is a presenter for the National Olympic Committee for sports psychology and Athena Institute for Education and Research Conference on Psychology.

REGISTRATION: bkazmierzak@bhcity.us - \$25 includes lunch

IMPROVING FIRE INSTRUCTOR EFFECTIVENESS